



Illinois E-Health News

Illinois Office of Health Information Technology
Information for Patients and Consumers

Issue # 2

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Take Control of Your Health With E-Health

E-health is designed to empower you to better manage and take charge of your own health. With the Internet and smart phones, now is the time to take advantage of health information technology. This newsletter outlines just a few ways e-health (or Health IT) can help you to become a more active participant in your and your family's care.

Peer-health web sites help connect you with people who have similar health issues. You can share information, problem solve or provide each other emotional support. These sites don't replace doctors, but they can help you to exchange information about treatment options, care facilities, medical research etc. One of the greatest challenges of being disabled or ill is loneliness and isolation. Peer "communities," can be empowering knowing you're not alone.

Mobile health is one of the biggest technology breakthroughs in health care. There are over 12,000 apps related to health bringing that information from computers into our pockets. Examples include apps for finding a local health care facility or sensors connected to your mobile phone that can collect information on how far you climbed or how fast you ran and then analyze the data for you and perhaps your doctor. You can also receive remote a diagnosis of skin conditions using a Smartphone camera. These tools allow you to work with your doctor to manage your own health every day instead of just once a year.

Did you know that even **e-mail** and **text messages** are examples of e-health? They're used to remind you about a doctor's appointment or help you manage a chronic illness by providing health information and/or reminders to take your medications.

For more information about e-health visit www.hie.illinois.gov/ or www.healthit.gov

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"E-health - Better Care Through Technology"



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With E-Health; Knowledge is Power

Electronic Health Records (EHRs) allow you direct, secure access to your medical records from your doctor. The records include much of what is currently in your paper records such as your medical history, medications, allergies and lab results. These records can also be quickly and securely exchanged, with your permission, between health care providers who can provide you safer care with better treatment outcomes if they have a complete view of your medical history.

Through this same secure electronic portal as your Electronic Health Records you may be offered other services such as appointment scheduling, notification systems, or e-mail access to your doctor. Today, some people already have access to their electronic health records, fortunately, in the next few years they will be commonplace. Why not ask your doctor about when they will offer the benefits of e-health?

A Glimpse into the Future of E-Health

Luckily, there is a fast growing network of inventors creating exciting e-tools to empower you to take control of your health. In the future, wireless sensors could monitor just about anything, and based on the data, advise you about changes to keep you well or that you should see your doctor. Some day bandages might monitor infections; bathroom mirrors might calculate your heart rate and blood pressure; a plastic attachment on your phone could conduct an eye exam. The future possibilities of e-health are limitless and... it's all about you!

For more information about health IT visit

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